

Abstract of the Disclosure

A method and apparatus include a therapeutic or developmental apparel that includes hardware and/or software for stimulating a muscle. Such apparel may comprise, for instance, of: a glove, a uniform, a shoe, a sock, a vest, a sleeve, a shirt, a hat, a helmet, a brace, a suspender, eye wear, a pad, jewelry, a watch and pants. A muscle of a user may be stimulated by the garment as the user moves, such as a when a golfer practices her swing. Combining such muscle stimulation with the act of practicing the movement of the swing has a synergistic effect of training the muscle as it builds strength. Similarly, a partial paralytic may regain strength in their hand by wearing a vest or other garment configured to transcutaneously deliver a stimulating signal. Where desired, the garment may include at least one electrode configured to deliver a stimulating signal to the wearer. In another or the same embodiment, wired electrodes may extend from the garment or an adjacent signal generator to the wearer. This configuration may allow other, targeted muscles to be concurrently stimulated while the user wears the garment.